

Hawaii Marine



Cpl. Matthew A. Callahan | 1st Battalion, 3rd Marine Regiment

Cpl. David Lewis and Lance Cpl. Joshua Miller (center), assaultmen with weapons platoon, Alpha Company, 1st Battalion, 3rd Marine Regiment, launch an 83 mm rocket from a shoulder mounted multi-purpose assault weapon during a live-fire platoon attack range as part of Exercise Cobra Gold 2013 in Ban Chem Kram, the Kingdom of Thailand, Feb. 13. Cobra Gold, in its 32nd iteration, is an annual Thai-U.S. co-sponsored exercise focusing on interoperability of forces and readiness, bolstering national partnerships and regional security in the Pacific.

Crawl, walk, run: US, Thai Marines perform live fire exercises during Cobra Gold 2013

Cpl. Matthew A. Callahan
1st Battalion, 3rd Marine Regiment

BAN CHEM KRAM, the Kingdom of Thailand – Beneath the expansive haze and heavy vegetation of Thailand’s wilderness, Marines with Alpha Company, 1st Battalion, 3rd Marine Regiment integrated with members of 1st Infantry Company, 3rd Battalion, Royal Thai Marines, Feb. 13, for a series of live-fire exercises during Exercise Cobra Gold 2013.

Cobra Gold, in its 32nd iteration, is an annual Thai-U.S. co-sponsored exercise that focuses on interoperability of forces and readiness, bolstering partnerships and regional security in the Pacific for all nations partaking.

Over several days with the Royal Thai Marines, the Alpha Company Marines integrated their forces and trained in immediate action and speed reloading drills, and movement to contact in a jungle environment.

By swapping tactics, techniques and procedures,

and familiarizing themselves with new weapons systems, the two groups of Marines quickly learned from each other, adapting to the movements as they prepared for a culminating live-fire exercise.

Lance Cpl. James Steyn, a team leader with first platoon, Alpha Co., 1st Bn., 3rd Marines, stressed that the jungle environment was new to his Marines and they were learning from their Thai partners how to maneuver in the heavy brush.

“The Thai Marines were excellent at moving swiftly through this terrain and rarely got caught up on anything,” said Steyn. “Observing really helped to give us perspective when moving through the jungle.”

On the day of the live-fire exercise, Thai Marines embedded with their U.S. brethren, bringing along rocket launcher and medium machine gun attachments from Alpha Company’s weapons platoon.

Beginning with a patrol through the jungle, the partnering forces faced simulated small-arms fire and

contact from enemy armor assets. While the Marines maneuvered on line and provided suppressive fire, assaultmen with weapons platoon launched fires with 83 mm crew-served rocket launchers to clear a path to an objective for the platoon.

Machine gunners moved with each platoon and laid down automatic suppressive fire toward the objective, enabling greater freedom of movement for the platoon.

“Both we and the Thai Marines were able to take what we learned from each other and apply it to our live-fire runs,” said Sgt. Jerry Clarke, a squad leader with first platoon, Alpha Co., 1st Bn., 3rd Marines.

By the time the two groups of Marines were fully assimilated, Clark was assured the men executed their drills perfectly, firing and moving in buddy pairs to push through their objective.

Three platoons and three successful range runs later, the Marines retired to their bivouac site and prepared for more advanced training during the exercise.



Lance Cpl. Nathan Knapke | Hawaii Marine

Marines with Combat Logistics Battalion 3 and Hawaii-based sailors pose for a photo with Carl Hornbeak-Hess (center on tank) in front of the USS Missouri Battleship Memorial while fulfilling his dream in partnership with the Make-A-Wish Foundation, Feb. 15. Hornbeak-Hess, an 11-year-old boy from Mill Creek, Wash., who has been diagnosed with acute lymphoblastic leukemia, dreamed of becoming a World War II Army Air Corps pilot whose aircraft is shot down and crash lands on a deserted island. He was granted his wish from Feb. 15 to 19 with the help of Hawaii-based Marines, sailors and the Make-A-Wish Foundation.

Marines, sailors fulfill young leukemia patient’s wish

Lance Cpl. Nathan Knapke
Marine Corps Base Hawaii

Children often dream about superheroes or magical powers, but most realize these dreams aren’t practical. There are some who never lose their dreams and await the opportunity to fulfill them.

But there are also those who want to help make others’ dreams come

true. Marines with Combat Logistics Battalion 3 grouped together from Feb. 15 to 19 to help a child with cancer fulfill his dreams.

Carl Hornbeak-Hess, an 11-year-old from Mill Creek, Wash., who has been diagnosed with acute lymphoblastic leukemia, dreamed of becoming a World War II Army Air Corps pilot whose aircraft is shot down and crash lands on a deserted island.

Hornbeak-Hess was granted his wish with the help of Marines, sailors and the Make-A-Wish Foundation. His journey began, Feb. 15, when he flew into Honolulu International Airport and was picked up in an original World War II Jeep. In a convoy of WWII vehicles, he was brought to the USS Missouri Battleship Memorial to become a

See **WISH**, A-8

Team Hawaii prepares a meal for masses

Lance Cpl. Jacob D. Barber
Marine Corps Base Hawaii

SCHOFIELD BARRACKS, Wahiawa, Hawaii — Marines, sailors and soldiers from U.S. Pacific Command’s Regional Culinary Team Hawaii took to the kitchen, Feb. 12, preparing and serving food to more than 100 people during a practice cook-off in preparation for this year’s 38th annual Military Culinary Arts Competition held at Fort Lee, Va., from May 6 to 13.

The team, made up of the best military cooks in Hawaii, served more than 100 guests who attended to support the event. Each guest was served a three-course meal and provided feedback to the team of cooks before they compete in the largest culinary competition in the U.S.

“A lot of people showed up, and that’s great for us,” said Army Pfc. Calvin Mitchell, a Team Hawaii cook. “We made three-course meals for everybody and hope to get some feedback on what we did well or what we can do better before the annual competition. We have a great team with good leaders and communication, and I think everyone

See **CULINARY**, A-8



Getting schooled
Combat Logistics Battalion 3 shuts down Headquarters Battalion Team 2, 55-25, **B-1**



Double header hiking weekend
Marines and sailors conquer Diamond Head, Koko Head hikes, **C-1**

Saturday

High 77°
Low 69°

Sunday

High 76°
Low 69°

NEWS BRIEFS

Base tax center open for tax season

The base tax center is currently open to all Marine Corps Base Hawaii service members, retirees and reservists. Hours of operation are from 8 a.m. to 4:30 p.m. Please bring all W-2s (including spouse's), bank account and routing numbers, a copy of last year's tax return, all other tax forms (1099s, etc.) and Social Security cards for all family members. The tax center is located at building 455. Building 455 is across the street from Forest City and adjacent to the Youth Activities Center. For details, call 257-1187.

Operation Ooh-Rah Kids

Operation Ooh-Rah Kids is scheduled for March 22 from 8 a.m. to 4:30 p.m. Open to children of Marine Corps Base Hawaii personnel, Operation Ooh-Rah Kids is a fun and interactive mock deployment exercise for children ages 7 to 13. The event provides an opportunity to learn coping skills to thrive during deployment. Activities will be held at various locations on base, and lunch and snacks will be provided. This event is limited to 150 children.

The success of this event relies on the support of volunteers. The program needs active duty volunteers from corpsmen to "drill instructors" to assist throughout the day. For more information, please call Claudia LaMantia at 275-2650/2410, or email claudia.lamantia@usmc.mil.

Navy League Individual Augmentee Luncheon

On Thursday, the Navy League will host its annual Individual Augmentee Award Luncheon at Ala Moana Hotel in Honolulu to recognize Marines who deployed as individual augmentees in 2012. Marines of all ranks are eligible to be recognized. Contact Johanna Marizanh-Ho at johanna.marizanh@usmc.mil or 257-8876 for information.

Amendment to base order for water activities

As of December 2012, base order P1710.1 was revised. On page 1-7 of the base order, paragraph 6b(2) (b), the words "swim at own risk" were replaced with "enter the water at your own risk, surf and currents are moderate." On page 1-7, in paragraph 6b(2)(c), the words, "YELLOW: Water activities open, enter the water at your own risk, fins are required when swimming, due to high surf or strong currents," have been added.

PMO to ticket vehicles parked on grass

Beginning March 1, the Provost Marshal's Office will be issuing tickets for vehicles parked on grassy areas on Marine Corps Base Hawaii.

Quick assist loans available from Navy-Marine Corps Relief Society

Beginning today, active duty sailors and Marines can apply for a quick assist loan for up to \$500 at all 51 Navy-Marine Corps Relief Society full service offices located on Navy and Marine Corps installations worldwide. Most QALs can be processed on a walk-in basis in about 15 minutes. Active duty Marines and sailors must apply in person.

QALs are short-term, interest-free loans available to service members facing a family emergency or other urgent financial situation. QALs are available to active duty sailors and Marines who have no outstanding loans with NMCRS, and need help with basic living expenses or family emergencies. For more information, visit <http://www.nmcrcs.org/QAL> or contact the nearest NMCRS office.

Important phone numbers

On-Base Emergencies	911
Child Protective Service	832-5300
Fraud, Waste, Abuse & EEO	257-8852
Base Information	449-7110
MCB Hawaii Chaplain	257-3552
DEERS	257-2077



Hawaii Marine

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Hawaii Marine is a free publication available at stands on Marine Corps Base Hawaii and neighboring businesses. If you are interested in obtaining copies by mail, please contact MidWeek Printing, Inc. at 529-4700.

Submit items for Hawaii Marine to the managing editor no later than noon on the Friday prior to publication, using the following address:

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Photos by Lance Cpl. Suzanna Lapi | Hawaii Marine

Marines with Sergeants Course class 2-13 patrol in fire team formations during their culminating event on Marine Corps Base Hawaii, Wednesday.

Marines complete Sergeants Course, exercise skills in culminating event

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

The sweaty faces of Marines participating in Sergeants Course class 2-13's culminating event caught a cool breeze after scaling Kansas Tower hill on Marine Corps Base Hawaii, Wednesday.

After a brief by Gunnery Sgt. Ryan Benedict, the staff non-commissioned officer in charge of Sergeants Course, the Marines donned their gear and headed down the hill to their objective.

They were given scenarios and told to put together quick orders before making their way to a battle simulation center.

The event leading the Marines up the steep hill was a small unit leader exercise. During the physically demanding 12-mile event, the Marines performed a battle study at the Pacific War Memorial, completed the obstacle course in full gear, reacted to an improvised explosive device detonation, and practiced calling for fire and medical evacuation procedures.

Marines attend Sergeants Course, an eight-week course that consists of classes and events, to further their knowledge as non-commissioned officers and fulfill promotion requirements.

The course is conducted on Marine Corps Base Hawaii

throughout the year and averages 33 Marines, with a maximum of 40 during a course.

Benedict, a native of West Milford, N.J., said the curriculum is beneficial to Marines because of the wide variety of subjects it covers.

"After the Marines checked in with an initial physical fitness test, we conducted classes that covered everything from warfighting to drill and unit readiness," Benedict said. "There were some 'back to the basics' classes like customs and courtesies, and we taught them how to plan training events. We also covered Marine Corps high intensity training."

Sgt. Bianca Luna, a property chief with U.S. Marine Forces, Pacific, and native of San Diego, said Sergeants Course was "100 percent helpful" for her Marine Corps career.

"I have learned a great amount of knowledge in subjects like war tactics and the role of the squad leader, which I can pass on to my junior Marines," Luna said. "I think every sergeant should take this course. It was physically demanding, but greatly beneficial."

Benedict said the course also benefits Marines through the interaction they experience between the students' different military occupational specialties.

"They end up learning from one another through collaboration, which I think is a good way for people to learn and gain insight," Benedict said.

Benedict said the course largely focuses on ethical decision-making and the development of leadership traits.

Sgt. Joshua Cabral, an anti-tank missileman with the School of Infantry West — Detachment Hawaii and a native of Dartmouth, Mass., said the training was beneficial overall.

"Sergeants Course has been helpful across the board with subjects like land navigation, and teaches infantrymen like myself how to write properly," Cabral said. "It also allows Marines to experience life outside of their specific military occupational specialty."

Before their graduation, Feb. 27, the Marines will receive a combat leadership class from Sgt. Maj. Justin LeHew, the sergeant major of 3rd Marine Regiment and a Navy Cross recipient.

Benedict said the training Marines receive during Sergeants Course carries into their future.

"The overall curriculum provides Marines with the necessary tools for future leadership," Benedict said. "The whole course prepares and develops their specific leadership styles."



Marines with Sergeants Course class 2-13 conduct a battle study at the Pacific War Memorial during their culminating event on Marine Corps Base Hawaii, Wednesday. Marines attend Sergeants Course, an eight-week course that consists of classes and events, to further their knowledge as noncommissioned officers and fulfill promotion requirements.



Marines of Sergeants Course class 2-13 conduct a memory game during their culminating event on Marine Corps Base Hawaii, Wednesday.

AROUND THE CORPS

Nothing like a little friendly competition

Lance Cpl. Antwaun Jefferson
Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va. — More than 30 Marines from The Basic School’s Artillery Instructor Battery were doused with plenty of motivation as they went through the Montford Point Challenge competition with the staff at Officer Candidates School, Feb. 8.

The purpose of the Montford Point Challenge is to celebrate the sacrifices and heroism of the Montford Point Marines. At the end of OCS’s Staff Orientation Course, the Montford Point Challenge is done. This was the second time this event has been made into a competition for the entire OCS staff to take part in. The winners of the event have their picture put up in the OCS battalion command post, Wilson Hall.

Marines were put into teams and the commanding officer of OCS, Col. Kris J. Stillings, made sure to shake things up a bit.

“We form the teams a certain way so that Marines are working with people from different sections,” Stillings said. “So there are officers, staff non-commissioned officers and junior Marines who are on the same team that have never worked together. I think it



Lance Cpl. Antwaun Jefferson | Marine Corps Base Quantico

The Basic School’s Artillery Instructor Battery teams push their log through the freezing cold water during the Montford Point Challenge competition at Officer Candidates School, Feb. 8. This was the last obstacle the Marines had to go through before one member in their team climbed a rope and officially stopped the time.

breaks down barriers and builds esprit for the entire unit.”

Each team went through three stages along the 2.91-mile course. The first stage had teams going through Junior’s Stamina Course Obstacle Belt. Obstacles consisted of the commando

crawl, high crawl under barbed wire and balancing while running on elevated logs. The second part of this stage was picking up 40 mm ammo cans and carrying them up and down hills and through knee-deep swamp water.

During the second stage, after putting down their ammo cans, teams picked up two stretchers, placing three sandbags on each. While in possession of both stretchers, the teams would run down Sandy Trail and then take the Fallujah Trail to their next groups of obstacles that end with each member of a group climbing up and down a cargo net.

After taking a quick break to hydrate, teams had to pick up one log and run back down the Fallujah Trail to the back side of Loop 1. From there, they proceeded through the Smelly Gully and then through the Endurance Course obstacles. Their last test was the rope climb, where all team members sat on the log they have been carrying as one member ascends a rope. After the Marine slaps the horizontal log at the top of the rope, the team’s time would stop.

“We communicated very effectively and executed good ideas out there,” said Sgt. Eric Daniels, tactics instructor, OCS. “We used our strengths to our advantage and we compensated for the weakness some of our members had. I recommend other units come out to the next one, because it’s a fun time and it definitely encompasses everything about combat fitness.”

Combined Thai, US Marines land on beach for amphibious assault

Pfc. Mike Granahan
III Marine Expeditionary Force

SATTAHIP, Kingdom of Thailand — The 31st Marine Expeditionary Unit conducted an amphibious assault alongside Royal Thai Marines in Sattahip, Kingdom of Thailand, Feb. 14, as a part of exercise Cobra Gold 13.

The exercise is a Thai-U.S. co-sponsored multinational, multiservice exercise that includes forces from Thailand, the U.S., Singapore, Japan, Republic of Korea, Indonesia, Malaysia, and observers from other countries in the region.

The exercise allows U.S. Marines and sailors to gain a better understanding of different cultures, allowing them to build personal friendships and further their ability to work with their partner nations, according to U.S. Navy Rear Adm. Jeffrey A. Harley, commander of Amphibious Force Seventh Fleet.

“Exercises like Cobra Gold are important to build

interoperability with our partners and allies, it shows our determination and resolve and gives us a great opportunity to builds friendships,” said Harley.

Regardless of the language barrier, Thai and U.S. Marines are able to communicate nonverbally through their mutual military professionalism, explained U.S. Marine Lt. Col. Terry Johnson, commanding officer of 1st Battalion, 5th Marine Regiment, 31st MEU.

“The common denominator is mutual profession of arms, which I believe is a universal language,” said Johnson.

The training gives U.S. Marines a firsthand look at Royal Thai military tactics, which enhances military-to-military partnership and the two nations’ ability to work together in the future, said U.S. Marine Staff Sgt. Rick J. Meyers, a platoon sergeant with the Battalion Landing Team, 1st Bn., 5th Marines.

“This training allows us to see other countries’

tactics, view the similarities and differences, and view their capabilities,” said Meyers.

Both Thai and U.S. forces enjoyed the opportunity to work together, said Royal Thai Navy Chief Pretty Officer 1st Class Tanin Surarak. The training strengthened their collective knowledge, making both militaries more familiar with one another and increasing their interoperability.

“I really enjoyed training with the U.S. Marines, we benefit through shared tactics,” said Surarak.

Members of both forces enjoyed the training and the ability to work side-by-side with one another.

“The Marines and sailors are very happy to be working alongside the Thais, it’s a great experience for all,” said Johnson.

Cobra Gold 13, in its 32nd iteration, is the largest multinational exercise in the Asia-Pacific region, and demonstrates the commitment of participating nations to building interoperability and supporting peace and stability in the region.

No day at the beach

Sgt. Scott Schmidt
6th Marine Corps District

FORT LAUDERDALE, Fla. — Projecting a temperament and work ethic unmatched by his peers, Sgt. Le’mon Eluett wants to win. You wouldn’t know it by speaking with him though.

As a canvassing recruiter with Marine Corps Recruiting Substation Margate, Eluett had a rocky start, according to his staff noncommissioned officer in charge, Master Sgt. Elvis John-Baptiste. His growth and resulting success quickly smoothed his path to earning the title of Recruiter of the Year for Recruiting Station Fort Lauderdale.

Eluett has recently been put in charge of his own substation, making him the only sergeant in RS Fort Lauderdale in charge of a substation. He recently sat down with The Pacesetter to give us some insight to his achievements:

The Pacesetter: Was being recruiter of the year a goal you set for yourself or was it a surprise?

Sgt. Eluett: It was a complete surprise! I’ve never been an award chaser, I’m just a team player. Good things come to people who don’t focus on personal gain. I’m a firm believer in one team, one fight. I just did whatever was needed from me to accomplish our mission, even if it meant more time and effort on my part.

How does it feel being the recruiter of the year for your RS? It has been an eye opening experience. If I were told that I would achieve that pinnacle of success on this duty back in BRC, I wouldn’t have believed it. I struggled in

recruiter school. But my time has now passed, my new focus is pushing my team to achieve even more than I’ve accomplished as a recruiter.

How where you selected for recruiting duty? Like most recruiters, I was drafted in the 1st round! I was flagged by the HURST list.

Did you want to be a recruiter? Why or why not? I actually had it in my mind to volunteer, but not as early as I was selected. I wanted to have a few more experiences in the fleet before I went on recruiting duty. The reason I even considered recruiting duty was because I was told it’s one of the most challenging things you can do. Any Marine can be a DI, any Marine can do MSG, but not every Marine has the ability to convince a complete stranger to dedicate their lives to an organization for four years. As any other Marine, I’m eager to find the next challenge.

Historically, during times of recession, recruitment picks up. Does this mean recruiting is easy today? In my opinion it doesn’t. In today’s recruiting environment, we are finding quality verses quantity. The bar has been raised and our standards are higher than ever before, which means most of the office traffic is disqualified. We’re searching for the diamond in the rough.

How did you make sure standards remained high among your future Marines as a recruiter? I treated my pooles as if they were already Marines, teaching them the standards we believe in,



Sgt. Scott Schmidt | 6th Marine Corps District

Projecting a temperament and work ethic unmatched by his peers, Sgt. Le’Mon Eluett goes to great lengths to find the best to become the next generation of Marines.

also making sure I wasn’t chasing just anybody to join. I felt like I was the gatekeeper, and I would only allow the best to join this gun club. In my mind, I was hunting for my potential replacement ... looking for the next sergeant major of the Marine Corps, or the next commandant of the Marine Corps.

How do you keep your recruiter’s standards high as a SNCOIC? I simply ask my recruiters a genuine question. Can you see yourself leading this individual back in the fleet? Is that who you want to be your lance corporal? If they can’t give me a straight answer, then it’s time to go back to the drawing board and find the needle in the haystack we’re really looking for.

What has been your biggest challenge as a recruiter? Humbling myself ... Every NCO, and SNCO, comes to this duty as a leader, and having to adjust to this new environment isn’t the easiest thing to

do. It’s easy telling a corporal and below what to do, but it’s a new challenge when your finding yourself leading your peers.

What are some of your tricks to recruiting? The only trick I had up my sleeve was honesty. No need falling into the stereotype that all recruiters are liars. I used facts, using our historical data to out sell any competition we face as recruiters.

Who have been your influential mentors on your tour as a recruiter? Hands down, the four best career recruiters in the business ... Gunnery Sgt. Reyes, Master Sgt. Baca, retired Master Gunnery Sgt. Gomez, and my No. 1 mentor who pushed me to the level I’m at now hands down goes to Master Sgt. John-Baptiste.

In your opinion, what makes or breaks a recruiter’s ability to be successful? Honestly, I would say their desire to succeed. Marines

don’t lose; we don’t know how to lose. When you lay down in your bed every night after a long day at the office, do you feel you left everything on the field? Do you feel like you put forth your absolute best? If any of the answers end up being no, then it’s time to make a change.

What are your words of wisdom? Stay true to who you are and what you represent. If you love this organization, then you will do exactly what is expected of you as a person and, most of all, as a Marine. We sell everyday that we are the best in the world, that we are the tip of the spear. If this is true, and we are the gold medal winners, we need to show it 100 percent of the time. In the words of Vince Lombardi, “Winning is not a sometime thing; it’s an all the time thing. You don’t win once in a while; you don’t do things right once in a while; you do them right all the time. Winning is a habit.”

Muddiest race gets muddier



A runner splashes through the mud during the 19th annual Swamp Romp on Marine Corps Base Hawaii, Saturday.

Photos by Lance Cpl. Suzanna Lapi | Hawaii Marine



LEFT: Participants complete their last obstacle before the finish line during the 19th annual Swamp Romp on Marine Corps Base Hawaii, Saturday. The 5.2-mile race, which usually takes place at the end of February, attracted approximately 2,200 participants for a muddy run throughout 30 obstacles created on Nuupia Ponds.



Marines with Aircraft Rescue Firefighting, Marine Corps Air Station Kaneohe Bay, hose off the muddy participants of the 19th annual Swamp Romp on Marine Corps Base Hawaii, Saturday.

MCB Hawaii hosts 19th annual Swamp Romp

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

The 19th annual Swamp Romp, held by Marine Corps Community Services, marked perhaps the muddiest day of the year on Marine Corps Base Hawaii, Saturday.

The race, which usually takes place at the end of February, attracted approximately 2,200 participants for a muddy run throughout 30 obstacles created on Nuupia Ponds. The 5.2-mile course included new sections and challenges, said Megan Early, the athletic director for MCCS.

"MCCS and the Marines of Combat Logistics Battalion 3 usually decide the trails of the course," Early said. "We settled on not incorporating the roads as much this year and made it much muddier than usual."

Chief Warrant Officer 3 Greg Isaacson, an engineer operations officer with CLB-3, said Marines across all military occupational specialties in his unit assisted in the event.

"About 250 Marines from the battalion were here working the course," Isaacson said. "We began preparing for the event about three weeks ago with our build and design strategy. We wanted to change it by adding a 20-foot slide and bayonet course. We also wanted to create a challenge for everyone, but not make it too demanding."

Military members and civilians, many of whom were clad in costumes, rose to the challenge and tackled the muddier conditions.

Members of Team Muskrat said this year's race was the sloppiest mud run they have participated in so far, but it only spurred them to compete again next year.

Members of Team Hurry Up III, who have participated in the Swamp Romp for the past three years, said the course was "nastier" than last year's because of the stench, but stated they were "gluttons for punishment" and enjoyed the cruel circumstances.

Team Rippeth sealed a muddy victory as the best of 340 teams, finishing the event approximately five minutes shy of one hour. The top-placing teams received medals, trophies and gift cards, Early said. The last place team finished in over three hours.

The Babe-alicious Mudskaaters, spouses of Marines



Team members dressed in costume complete an obstacle during the 19th annual Swamp Romp on Marine Corps Base Hawaii, Saturday.

from Marine Light Attack Helicopter Squadron 367, said some of the obstacle challenges that required crawling were difficult, but they were excited to participate.

Isaacson said the Swamp Romp was a good opportunity for the community to understand the Marines that live and work around them.

"This event is an excellent chance for us to reach out to civilians," Isaacson said. "We wanted to design a challenging course for them to come through and experience some of the best aspects of the Marine Corps."

It's the shared misery of a challenge, but people can have fun while competing. We felt it wasn't too demanding, and there was everyone from younger generations to older generations out enjoying themselves."

Most participants were covered from head to toe in the mud, but Marines with Aircraft Rescue Firefighting, Marine Corps Air Station Kaneohe Bay, posted near the finish line and treated all to a refreshing hose down. The tired runners felt the relief of completing the race as the mist shone in the afternoon sun.



Muddy participants of the 19th annual Swamp Romp run and complete an obstacle on their way to the finish line in Marine Corps Base Hawaii's Nuupia Ponds, Saturday.

Ready to launch: Marine aids Kalaheo High School robotics team

Christine Cabalo

Marine Corps Base Hawaii

KAILUA, Hawaii — When the Kalaheo High School robotics team needed technical support, a Marine with Marine Aircraft Group 24 answered the call.

Capt. Gregory Calloway, a native of Canton, N.C., joined forces with the public high school team to engineer a handcrafted robot. The team is one of 37 high school groups from around the world participating in the Hawaii Robotics Regional Competition in Honolulu, beginning April 4.

“He has helped organize the kids and the work they do,” said Arthur Fitchett, a Kalaheo High School woodshop teacher and robotics team faculty adviser. “Our program’s philosophy is if the students have ideas, our job is to help them achieve them and not do it for them.”

Fitchett said the Kalaheo team was initially out of the running since the school could not afford the \$5,000 competition entrance fee. However, an anonymous donor paid the school’s fee and the team of 15 students began work in January.

Fitchett and the students searched for mentors who could help them prepare before their deadline in six weeks, asking for help from Pearl Harbor Naval Shipyard personnel. Their request found its way to Marine Corps Base Hawaii, and Calloway volunteered to help.

“These students were already great with electronics, but I think I brought more management help to the table,” said Calloway, an assistant



Christine Cabalo | Hawaii Marine

Capt. Gregory Calloway, an assistant transition task force officer with Marine Aircraft Group 24, and a native of Canton, N.C., helps Raine Ikagawa, team captain of the Kalaheo High School robotics team, prepare part of the team’s robot, at Kalaheo High School’s workshop, Feb. 15.

transition task force officer with MAG-24. “We came up with a time table scheduled to break the big goals down into small tasks.”

Calloway and the students built and programmed a robot that could launch plastic flying discs at strategic slots located 3 to 9 feet above the ground. During the competition, the robot must perform tasks on its own and also under direct control from a human operator. The operator must be able to control the robot and score goals using radio controls, a wireless router and a netbook. The bulk

of the work was to be completed by Feb. 19.

“We have a nice working base,” said 14-year-old student Mathis Banel, the team’s main programmer. “All we need to do is get our launcher to work.”

The students streamlined their launcher’s design with Calloway’s technical assistance. He drew on previous experience of building robots during military training and the knowledge of aerodynamics he gained from training as a helicopter pilot.

“With his help, we’ve progressed a lot,” said 17-year-old

Raine Ikagawa, the robotics team captain. “We have a robot with good potential. (Calloway’s) experience and suggestions have definitely helped us and he’s guided our ideas.”

In last year’s competition, Ikagawa recalls the school didn’t have a mentor and had trouble getting their robot’s shooter to work. She also said Calloway assisted them in keeping their designs simple and introduced them to tools like Gantt charts and fishbone diagrams. She said the charts and diagrams helped the team organize their work, keep

to a schedule and improve their efficiency.

After working with the Kalaheo team, Calloway said he wants to continue his volunteer work in youth robotics wherever he moves next. He encouraged more Marines to mentor in this fashion, especially since they can help guide students interested in engineering to potential jobs or higher education opportunities.

For Ikagawa, her work on the team for the last three years and Calloway’s example has inspired her to think big. Ikagawa has applied to attend the Massachusetts Institute of Technology and other engineering schools.

Graduating team member Stephen Anderson said he’d like to join the military and become a pilot. He said Calloway has taught him leadership skills that can help to succeed.

Calloway said he’s enjoyed sharing his love of robotics while working with the students, and he has been inspired by the team’s intellectual curiosity. He and Fitchett said the competition is a great way for the students to improve their problem-solving skills.

“You’re presented with a problem, and you can either throw up your hands in defeat or do something,” he said. “The students here are jumping all over it and looking for solutions.”

Several students agreed robots are the answer to many problems and are the wave of the future. In April, the wave will come in from Australia, China, California and other Hawaii schools to compete.

Marines train for combat using simulation technology

Cpl. James A. Sauter

Marine Corps Base Hawaii

From his small cubicle in a dark room inside the 3rd Marine Regiment simulation center, Tuesday, Lance Cpl. Jeremiah Wallace fiddled with buttons on his keyboard to lead his virtual Marine through a village populated by both friend and foe.

Resisting the temptation to play the simulation like “Call of Duty,” Wallace, a rifleman with 2nd Battalion, 3rd Marine Regiment and native of Pittsburgh, and a student of School of Infantry West — Detachment Hawaii’s advanced infantry course, sticks with his squad as they receive small-arms fire from nearby buildings. Suddenly, Wallace’s character takes several rounds to his chest. He drops to the ground and the screen fades to black — “You are dead.” Once the simulation ended, the scenario manager reset the system for another round.

The 7-year-old simulation center provides Marines a unique opportunity to receive simulated combat training in scenarios that are challenging to recreate in a real-life training evolution.

“This training opens your eyes to different scenarios that can happen on a mission and helps you understand the big picture of a combat environment,” Wallace said.

According to Ian Parrish, the simulator’s main analyst, the simulator was created in response to the demand for a multi-variable training environment where Marines can keep up to date with their training in the absence of a real training facility, such as a military operations on urban terrain site. Parrish can create any scenario to meet the customer’s need.

“Real training will always trump simulated

training,” Parrish said. “But if a unit can’t get the real training, they can come here and I can build a scenario within an hour or two. I have never been in a situation where I couldn’t build a certain scenario to meet a unit’s need.”

Parrish built a scenario for the advanced infantry course students where the Marines inserted by helicopter into an urban area populated by local nationals. Insurgents controlled by the simulator’s artificial intelligence and enemy soldiers controlled by other Marines working at the center were among the population.

From their computers, the students played through the simulation and incorporated infantry skills they learned during the course. To keep the Marines on high alert, Parrish inserted suicide bombers into the crowds. He also made the local nationals throw rocks if the Marines didn’t monitor the consequences of their actions within the simulation.

“When the Marines take the scenario seriously, the simulator becomes a great tool to use,” said Sgt. Jason Carbone, the center’s enlisted leader and a native of Oceanside, N.Y. “When 40 Marines get into it, the simulation gets pretty interesting. Younger guys pick it up quickly like another video game.”

The simulation re-started at the conclusion of the scenario, but the Marines quickly learned from their mistakes and adjusted to the different variables affecting the training. By the end, the average lifespan of their characters had increased significantly.

“If a deploying unit knows exactly where they’ll deploy, I can build a simulated scenario of that area using given information,” Parrish said. “That’s the advantage of this center.”



Cpl. James A. Sauter | Hawaii Marine

Lance Cpl. Jeremiah Wallace, a rifleman with 2nd Battalion, 3rd Marine Regiment and native of Pittsburgh, moves his virtual character toward a helicopter during a simulated training scenario at the 3rd Marine Regiment Simulation Center, Tuesday.

Spit it, then quit it: Dippers encouraged to stop smokeless tobacco use for Great American Spit Out

Kristen Wong

Marine Corps Base Hawaii

Marines, sailors and civilians were encouraged to spit out tobacco — and keep it out — during the Great American Spit Out at Anderson Hall Dining Facility, Thursday.

The Great American Spit Out encourages people to stop using smokeless tobacco for one day. Neil Morgan, director of the Health Promotion office, set up a display at Anderson Hall to provide service members with information and resources about quitting smokeless tobacco.

“Nicotine is very addictive and to quit is a very big lifestyle change,” Morgan said. “They say it takes an average of five to seven attempts at quitting before one successfully becomes tobacco free. All programs which encourage quitting tobacco and promoting healthier lifestyles are worthy programs.”

The event is part of the Department of Defense’s “Quit Tobacco — Make Everyone Proud” campaign, developed in 2007. A study conducted by the University of Texas Health Science Center in San Antonio in 2007 showed that service members were twice as likely to use smokeless tobacco as civilians, and at the time, the number was increasing.

But a 2009 study by the Oregon Research Institute showed that actively encouraging people to quit through the use of various resources can be effective. Studying more than 700 patients from military dental clinics, the institute found people who were given tools for a smokeless tobacco cessation program were more likely to quit than those who merely received a recommendation. The patients who were more successful in quitting were those who received a manual, video guide and phone calls with counselors.

But the Great American Spit Out is not the only time to quit. Regular tobacco cessation classes are held on base every Tuesday in four-week sessions. The free classes are open to service members, retirees, dependents and DoD civilians. Though DoD civilians do not have the authorization to receive medication, they can still attend the class for the information.

Cpl. Albert Padro, an airframes mechanic with Marine Light Attack Helicopter Squadron 367, attended a tobacco cessation class, Tuesday.

The native of Monroe, N.Y., has smoked since 2005, and dipped tobacco since 2008. This will be the fifth time Padro has tried to quit. Reflecting on previous attempts, he said he wasn’t truly ready until now.

Among other health reasons, Padro wants to quit smoking and “dipping,” as his tobacco use is negatively affecting his running performance.

Originally, he attempted to quit smoking by using smokeless tobacco.



Photos by Christine Cabalo | Hawaii Marine

Petty Officer 2nd Class Josiah Halstead, aviation electronics technician, Marine Aviation Logistics Squadron 24, examines substitutes for smokeless tobacco, Nov. 7, 2011. Marine Corps Base Hawaii helps service members and their families stop using smokeless tobacco with several events including Through with Chew Week, held from Feb. 17 to 23. The MCB Hawaii Health Promotion office featured a display about the dangers of tobacco use during the Great American Spit Out, at Anderson Hall Dining Facility, Thursday.

Though Padro’s personal attempt was not influenced by what he heard, it has been said in various articles that smokeless tobacco is mistakenly perceived as a lesser of two evils.

“(Smokeless tobacco companies) say it’s an alternative to smoking — implying that it’s safe — even by naming it ‘smokeless’ implies safety,” according to the National Cancer Institute.

According to Elbert D. Glover and Penny N. Glover, authors of “The Smokeless Tobacco Problem: Risk Groups in North America,” adolescents especially perceive smokeless tobacco as safe.

“Articles discussing tobacco harm reduction in



A Marine Corps Base Hawaii Health Promotion office volunteer displays a model of a smokeless tobacco user’s mouth during the Great American Smokeout in 2011.

general — and the potential role of smokeless tobacco as a reduced risk alternative to cigarette smoking in particular — continue to be published in scientific and public health journals, newspapers, magazines, Internet websites, and public interest group reports,” said then-chief executive officer Vincent A. Gierer, Jr., of smokeless tobacco company UST, Inc., in 2005.

However, the National Cancer Institute also lists multiple health risks of smokeless tobacco products, including oral cancer, receding gums that can result in cavities, ulcers and hypertension.

“I started smoking again, so I just formed another habit,” Padro said.

Padro said his addiction to smokeless tobacco is less about the nicotine and more about “oral fixation,” or needing something to chew on. He attempted to quell his addiction with sunflower seeds, but was again unsuccessful, as the salty seeds dried out his mouth.

This time, after attending the tobacco cessation class, Padro plans to use an anti-smoking prescription drug, though he is still trying to find a solution to his dipping. He also plans to designate a day to quit on his own terms.

“I’ve had enough of it and I just want to kick the habit,” Padro said.

For more information about attending a tobacco cessation class, call 254-7636. For more information about tobacco cessation, visit the campaign’s website at <http://www.ucanquit2.org>.

CULINARY, from A-1

here will see that today.”

As team members explained each dish before it was served, the cooks were faced with the challenge of preparing the massive amount of food in very little time while working from a small trailer.

Sgt. Michael Parnapi, a Marine cook stationed at Camp H.M. Smith, is a new addition to the team and believes they can easily overcome challenges through simple teamwork.

“As you can see, everyone has a job,” Parnapi said. “If someone isn’t on their game in the kitchen, it will be like a wave and everyone will feel it. This small kitchen shack isn’t the most comfortable when cooking for this many people in a limited amount of time, but it can be done. If we can get used to these small obstacles now, there won’t be any surprises during our competition in Virginia, and our teamwork will be unbeatable.”

Dishes piled up as the hour drew closer to noon. Servers rushed around tables to retrieve dirty plates before new dishes were brought out. In the same fashion for all

three courses, cooks chopped and flipped the food, and served plate after plate. If the plate broke, it was replaced in the same in the same fashion as at a tire stop in a NASCAR race. Speed, intensity, and communication were crucial as the last dish, a dessert cake, was served.

Master Sgt. Antonio Boies, the senior team adviser for Team Hawaii, said he is confident in his team for many reasons, including the leadership of Parnapi.

“We had more than 40 service members try out for this team and who you see here is who made the cut,” Boies said. “Parnapi has been a valuable asset to this team. During his time with us, he has showed confidence in everything he has done, and brought leadership abilities into the kitchen. He brings so much more to the table and we are extremely lucky to have him.”

When asked how his team will fare against every military installation in the U.S., Boies said, “Oh, we’ll win. There’s no doubt about it. I’m not playing favorites, but this team is strong and I think we showed that in our practice cook-off today.”



Lance Cpl. Jacob D. Barber | Hawaii Marine

Chefs with U.S. Pacific Command’s Regional Culinary Team Hawaii prepare one of many meals during a culinary cook-off at Schofield Barracks in Wahiawa, Hawaii, Feb. 13. The cook-off was practice for Team Hawaii, who made three-course meals for more than 100 guests. The team, which is made up of the best military cooks in Hawaii, will be participating in the 38th annual Military Culinary Arts Competition — the largest culinary competition in North America — held from May 6 to 13 at Fort Lee, Va.

WISH, from A-1

member of the Army Air Corps.

After arriving at the famed memorial, he received original WWII-era gear and his new uniform, making his dream a reality. As he marched away to change into his newly received uniform, a group of Marines stayed close, replicating the manner in which Marines guarded officers on ship during WWII.

A formation formed at the front of the ship. Marines and sailors stood at attention as Hornbeak-Hess’ father pinned silver bars on his son, signifying his promotion to first lieutenant in the Army Air Corps. Hornbeak-Hess smiled as Marines and sailors walked up to salute him and congratulate him on his promotion.

“It’s great to see him smile and be happy,” said his stepfather, James Sullivan. “This is something he wouldn’t be able to do otherwise, and that nobody else has done.”

After his promotion aboard the USS Missouri, Hornbeak-Hess received a tour of Pearl Harbor, during which he was involved in the evening colors ceremony and helped carry the flag after it was brought down.

Later in the evening, he toured the USS Missouri Battleship Memorial and stayed on it overnight alongside Marines and sailors – a rare opportunity not available to the public.

The next morning, Hornbeak-Hess reported to Dillingham Airfield, where he climbed aboard an aircraft to receive a bird’s-eye view of Oahu. After the aircraft landed safely, Marines blindfolded him and drove him and his stepfather in circles near Puaena Point Beach Park in Haleiwa. Hornbeak-Hess had no idea where he was when they dropped him off on the ‘desolate island.’

The boy and his stepfather created a shelter from the parachute that deployed during their crash landing on the island. Unaware of their location, the duo surveyed the area and established a camp near the ocean.

All the while, Marines stayed

in contact with Sullivan to ensure Hornbeak-Hess was in the right place at the right time. They stayed close by in case something went wrong or if they needed immediate help, though the Marines would shortly play completely different characters.

A few hours passed, allowing Hornbeak-Hess to get a true feeling that they were stranded with no help. Sullivan was told to bring him to the water for a surprise, and as they stood near the ocean water, Navy divers arose from the water without warning. Hornbeak-Hess hadn’t seen the divers until they stood up out of the water.

The divers were helping to support their first lieutenant, who had recently crashed. They caught fish for Hornbeak-Hess and the rest of the team to eat, and then set out with their commander to search for possible insurgents in the area.

Marines took on the role of the insurgents and were attacked by Hornbeak-Hess and his team of Navy divers. The boy tackled a Marine trying to escape capture, and the Marines were tied to trees and questioned. He warned them to stay away from his camp if they wanted to live.

By the time the capture was complete and warnings were issued, the fire had been prepared. The fish were gutted, washed and skewered on a wooden stick. The Marines, no longer the enemy, came to join Hornbeak-Hess in eating the freshly cooked fish.

“It’s a dream for me to be able to help make Carl’s dream come true,” said Sgt. Jonathan Feliz, an engineer maintenance floor chief with CLB-3 and native of Lawrence, Mass. “This experience helps me and the other Marines grow as people. This is the best way I know to give back.”

After dining on the fish, Hornbeak-Hess decided his dream was complete and called it a night, thanking everyone for what they did to make his dream come true.

“There are so many more people involved than I thought,” Hornbeak-Hess said. “It’s really good to know that everyone wanted to help me with my dream.”

Sports & Health

CLB-3 destroys HQBN Team 2 in basketball game, 55-25

Cpl. James A. Sauter
Marine Corps Base Hawaii

Within an hour of their intense basketball game's beginning, Combat Logistics Battalion 3 crushed Headquarters Battalion Team 2, 55-25, during an intramural league matchup at the Semper Fit Center gym, Tuesday. The two teams couldn't have been more opposite even from general appearance. CLB-3 had twice as many players and the more competitive drive to win.

After the tip off, CLB-3 immediately gained control of the ball and started to put points on the board. Headquarters Bn. fell behind but tied the game, 7-7, four minutes into the first half. Though the score stayed close, CLB-3 steadily put pressure on Headquarters Bn. that cost them turnovers and rebounds.

"Our defense has some good chemistry and everyone was operating on a set pace," said Jhulem Edejer, a CLB-3 point guard. "We're a bigger team with a lot more energy and a better understanding of our strengths and weaknesses."

With the advantage of more players to rotate in and out of the game, CLB-3 wore Headquarters Bn. down before the end of the first half. When they made a mistake, CLB-3 capitalized on the moment of weakness and either recovered a rebound, turnover or scored points. The previously tied score jumped to 21-11 in favor of CLB-3.

With two minutes left, Headquarters Bn. continued to make sloppy mistakes that widened the point gap further, and at the end of the first half, CLB-3 dominated the halftime scene, 31-11.

"It's a sheer disappointment we couldn't tighten up our game play on offense and defense," said Joshua Ervin, a Headquarters Bn. point guard. "Our biggest problem was a lack of communication and it resulted in turnovers and fouls that we couldn't recover from."

In the new half, Headquarters Bn. opened with two three-point shots, but CLB-3 countered with baskets of their own. The Headquarters Bn. defense crumbled as their tired players tried to keep up with the CLB-3 powerhouse. The mounting pressure hurt Headquarters Bn. when they fouled CLB-3 twice, which diminished their hopes of catching up to their opponents.

At less than nine minutes left in the game, with the score at 41-25, CLB-3 kept the momentum they had gained. They continued to make baskets and didn't let their adversary rest until the final buzzer.

Without any drive left in their offense, Headquarters Bn. focused on



Photos by Cpl. James A. Sauter | Hawaii Marine

Ajuna Kwakatare (blue), a Combat Logistics Battalion 3 forward and center, leaps for the basket during an intramural basketball league game against Headquarters Battalion Team 2 at the Semper Fit Center gym, Tuesday. CLB-3 defeated Headquarters Bn., 55-25.

defense until the game ended. At the final buzzer, CLB-3 declared victory over Headquarters Bn., 55-25.

"We had our ups and downs, but I wasn't surprised we ended up winning," said Ajuna Kwakatare, a CLB-3 forward

and center. "The key to everything is communication. You have that, then you're set the entire game."



Headquarters Battalion Team 2 defenders try to block a shot during an intramural basketball league game against Combat Logistics Battalion 3 at the Semper Fit Center gym, Tuesday. Headquarters Bn. tied the game early, 7-7, against an opponent that was twice their size.



VS is a recurring column tackling debatable issues in the sports and entertainment world. Hawaii Marine readers can submit a subject for future columns by emailing their ideas to HawaiiMarineEditor@gmail.com.

If there’s a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your “opinion,” regardless of how wrong it is, featured below. Suit up ladies ... it’s game time.

Should women be allowed in the UFC?

Cpl. James A. Sauter VS. Lance Cpl. Jacob D. Barber

SAUTER: Who would have known that the world would be caught by storm when mixed martial arts became as huge as Mount Olympus in the form of the Ultimate Fighter Championship more than 15 years ago? Now a multi-billion dollar enterprise, UFC has given fans a fresh interest in martial arts and spawned a new generation of both male and female martial artists. For the first time in UFC history tomorrow, a women’s match will finally be held inside the UFC 157 octagon. I’m all for seeing women fight in the octagon. Women have been a part of the MMA community since its inception, and these fighters are just as hardcore and blood-thirsty to compete as their male counterparts. Women matches actually draw in more viewers because these “catfights” are more like tiger fights high on octagon octane.

BARBER: It’s an awesome country we live in where equal opportunity shines in our darkest corners. The UFC proved this most recently

by sponsoring a women’s match. However, this isn’t a fight I would attend for a few reasons. One, it’s simply unattractive to watch two girls beat each other to a pulp. Sure, a few rowdy red-necks might disagree, but for true fans of the sport, this won’t suffice. You yourself said it would be a tiger fight and all I envision is two women scratching, pulling hair and screaming while they tumble on the floor in madness. That’s how tigers fight, right?

SAUTER: I’ve never known an alpha feline to scratch and pull hair. Chokes and takedowns are the name of the game, and any true UFC fan knows hair pulling is illegal. But people don’t go to fights to see how attractive the fighters look when jabbing and kicking. I’m pretty sure Romans didn’t buy tickets to the Coliseum for that reason. It sounds like you want women to stay in the kitchen and not rough-house with the boys. Why should the UFC be limited to only males? A 21st century crowd is watching UFC,



SAUTER



BARBER

and I’m sure people will be more than open to seeing any professional fighter combat other fighters in the eight-sided ring, regardless of gender. Who cares if they’re male or female? Gender doesn’t discriminate if you have the skills and talent to fight.

BARBER: You’re throwing pebbles at me. The majority of UFC fans, which are primarily male, don’t want to spend \$100 on pay per view to watch two females fight. It sounds harsh, but I wouldn’t spend that type of money on a women’s UFC bout and I bet you wouldn’t either. It sucks to have to buy a sporting event by pay per view, so do you really think fans will want to order the Jane Doe and Jenny Mimi fight? In this economy?

SAUTER: In this economy, people are looking to save money and still watch the best sporting events, even if it means going to a friend’s house or a sports bar to watch a historic fight. The fans of UFC demanded something new to shock

them, and the UFC owners delivered with the first UFC fight in the women’s bantamweight class. This is a new chapter in history and this event will keep fans interested in the sport. Most professional sports haven’t done that without creating a separate league. In the land of opportunity, everyone has the right to strive for the coveted UFC belt. The possibilities of this door being opened are endless. Besides, who doesn’t like a lady who can kick some butt?

BARBER: Yes, and in a few years, the world will no longer talk about steroids in baseball, but males disguising themselves as women to fight in the octagon. Keep it simple. The UFC isn’t broken. It has taken the world by storm and has grown every year since its start. Putting women in the ring would be like the women’s professional football league. Yes, it really exists, but nobody cares to watch it. They would rather watch Ray Lewis and Tom Brady tear up the gridiron.

SPOTLIGHT ON SPORTS

Spring and spring break swim lesson registration

Spring and spring break session swim lesson registration will be held, Saturday, from 8 a.m. to 4 p.m. at the base pool. Stop by the base pool Tuesday and Friday from 1 to 5 p.m. to determine the appropriate class for your child. Private lessons are also currently available. Call MCCS Aquatics at 254-7655 for more information.

Single Marine & Sailor Program’s Surf and Turf 5K

Come out for the Surf and Turf 5K, April 6 at 6:30 a.m. The run will takes you from the Officers’ Club through the Kaneohe Klipper Golf Course, and along North Beach. This event is open to the public. Visit <http://www.mccshawaii.com>.

Swing into the Klipper Junior Golf Program

All authorized patrons ages 6 through 17 are eligible for the Klipper Junior Golf Program, a year-round program to bring children and teens to the game of golf. Certified PGA Professionals will teach basic playing skills, rules and golf etiquette. Each session is five weeks long. Classes are held Wednesdays and Saturdays from 4 to 5 p.m. for the younger beginning golfers and 5 to 6 p.m. for the more experienced golfers. Juniors can bring their own clubs or the staff can

provide them. Collared shirts are mandatory. Tennis shoes or golf shoes are acceptable dress. For more information, visit <http://www.golfacademyhawaii.com> or call 386-3500.

21st annual Haleiwa Metric Century Ride

The 21st annual Haleiwa Metric Century Ride is scheduled for April 28 at 7:30 a.m. For more information, call 735-5766 or visit <http://www.hbl.org>. Forms are also available at the Semper Fit Center.

The Beast 10K

Take a running tour of MCB Hawaii with our first 10K race of the season, The Beast, March 9 at 7 a.m. at Dewey Square. The race will begin and end at Dewey Square. This race is open to the public. Online registration closes March 5 at 4:30 p.m. Visit <http://www.mccshawaii.com> to register.

Roll down for cosmic bowling at K-Bay Lanes

Glow-in-the-dark games at K-Bay Lanes are available Fridays from 9 p.m. to midnight, Saturdays from noon to midnight and Sundays from 11 a.m. to 8 p.m. For more information about K-Bay Lanes, call 254-7693.

Amendment to base order for water activities

As of December 2012, base order P1710.1 was revised. On page 1-7 of the base order, paragraph 6b(2)

(b), the words “swim at own risk” were replaced with “enter the water at your own risk, surf and currents are moderate.” On page 1-7, in paragraph 6b(2)(c), the words, “YELLOW: Water activities open, enter the water at your own risk, fins are required when swimming, due to high surf or strong currents,” have been added.

Give up using tobacco with cessation classes

Free tobacco cessation classes are held every Tuesday from 10 a.m. to noon. The classes are conducted by a registered nurse and take place on the second deck of the branch medical clinic. There are four classes in a session and each monthly session begins on the first Tuesday of the month. The classes are open to active duty, retired military and their dependents. For more information, contact health promotions at 254-7636.

Youth sailing classes now offered

Sailing and water sports classes for ages 8 and older are offered monthly. After school sailing classes are for beginners, and are held on Monday and Wednesday from 3:15 to 5:15 p.m. Students will learn beginner to intermediate skill building. The racing class is held Tuesday and Thursday from 1 to 3 p.m. Students will learn intermediate to advanced racing theory and tactics and train for racing in Hawaii Youth Sailing Association regattas. For more information, call the outdoor recreation and equipment center at 254-7666.

SWAMP ROMP

2,200 competitors slog through MCB Hawaii’s dirtiest race



Photos by Air Force Tech. Sgt. Michael R. Holzworth | Defense Media Activity – Hawaii News Bureau

A competitor emerges from the mud during the 19th annual Swamp Romp, Saturday. The Swamp Romp is an annual team running event that is one of 11 races that make up the Commanding Officer’s Fitness Series. The race is also known as the dirtiest race of the year and is open to the public. It brings service members and civilians from the community into six-person-teams for a challenging five-mile run over and under obstacles through mud and dirt, through the Nuupia Ponds and down Fort Hase Beach.



ABOVE: A Marine competitor runs through the mud during the 19th annual Swamp Romp, Saturday.



LEFT: Covered in mud, a Swamp Romp competitor pauses for a photo, Saturday.

BELOW: Marines from Aircraft Rescue Firefighting, Marine Corps Air Station Kaneohe Bay, hose down competitors after they completed the 19th annual Swamp Romp, Saturday.



RIGHT: Competitors laugh as they waded through the Nuupia Ponds during the 19th annual Swamp Romp, Saturday.



First Wings Over America golf tournament comes to K-Bay

Christine Cabalo

Marine Corps Base Hawaii

Golfers took a swing at helping students pay for higher education with the Wings Over America Scholarship Foundation golf tournament held at the Kaneohe Klipper Golf Course, Feb. 15.

Wings Over America offers college scholarships to family members of naval aviation sailors. The event was the first Hawaii tournament for the Virginia-based organization and one of five golf outings scheduled this year.

“We’re so thrilled about this inaugural Hawaii tournament,” said Christine Wilson, Wings Over America’s executive director. “In the week before the tournament, we already filled up all 132 player slots. That’s the maximum amount of players for the golf course.”

Civilians and service members, including Col. Brian P. Annichiarico, commanding officer of Marine Corps Base Hawaii, competed in the four-player scramble.

Among the units who sent teams to compete and help Wings Over America were members of Wounded Warrior Battalion West — Detachment Hawaii.

Golf is one of several strengthening and reconditioning workouts the unit practices weekly, said Sgt. Rod Menendez, a section leader for the wounded warriors. The recovering service members can regularly check out the unit’s own golf club set.

“Golf is a great way to be active but also ease someone’s mind,” Menendez said. “Continuing to do their hobbies, or finding new ones, can help keep meaning in a person’s life. We like to find out what the wounded love to do and open up opportunities, like this tournament, for them.”

Golfers enjoyed sunny, ideal conditions and soft winds throughout the day. Pfc. Justin Henderson, a Marine recovering with the wounded warriors, said he’s grown familiar with the course’s quirks but didn’t want to get overconfident while playing.

“We didn’t come into this expecting to win,” Henderson said. “We came out to have fun and get some exercise.”

Members of Patrol Squadron 9’s “Golden Eagles,” including James Mullen, Joseph Prather, Bob Prather and Kevin Witte, earned bragging rights as the tournament winners.

Patrol Squadron 47’s “Golden Swordsmen” won the command challenge to bring as many teams out to play as possible. Wings Over America will name a one-time \$2,000 scholarship after the unit. If any of Hawaii-based applicants are granted a scholarship



Photos by Christine Cabalo | Hawaii Marine

ABOVE: Golfers representing Wounded Warrior Battalion West — Detachment Hawaii watch teammate Gunnery Sgt. Patrick Tyrrell prepare to swing at the Kaneohe Klipper Golf Course, Feb. 15. The four players were among more than 130 golfers who joined in the Wings Over America golf tournament to support the organization’s scholarship fund.

RIGHT: Pfc. Justin Henderson watches a perfect putt made by Sgt. Rod Menendez, section leader, Wounded Warrior Battalion West — Detachment Hawaii, at the Kaneohe Klipper Golf Course, Feb. 15. Wings Over America offers scholarships for college students who are family members of naval aviation sailors.

this year, the applicant may claim the VP-47 scholarship.

Seven Hawaii-based students have applied for Wings Over America scholarships this year, a spike from earlier years. Since the organization formed in 1987, the group has offered scholarships in varying amounts, from \$2,000 to \$10,000. Wilson said funding for those scholarships mostly comes from donors and golf tournaments. She said this first outing in Hawaii was a winner and encouraging for future events.

“So many people are willing to support the foundation,” Wilson said. “I feel the whole island has come together for it.”

Members of VP-9 may have won the tournament, but Hawaii college students could be the biggest winners of the game.





Crime Prevention Tip of the Month

Operation Over Watch is back! The operation is an effort to minimize larcenies targeting vehicles, homes and personal property in the residential areas throughout the base. Personal or government property should never be left unsecured and unattended. When you are finished using your items, remember to put them away. Operation I.D. offers personnel residing in housing or in the barracks the opportunity to check out electronic engravers. The engraver can be used to engrave any personnel property deemed valuable to the owner. Burglars want to re-sell your property, so marked property is easier to identify and harder to sell.

PMO contact numbers and locations

- To report suspicious activity/behavior or for non-emergency calls, contact the desk sergeant:
257-1018/2123 (building 1096)
- For information regarding check in/out, fingerprinting, or weapon registration, contact:
257-6994 (building 1095)
- For information regarding pet registration, fishing regulations, or lost/found animals, contact the PMO Game Warden:
257-1821 (building 3099)
- For information regarding vehicle decals, base passes, and vehicle registration, contact:
**257-2047/0183 (building 1637/1095 for MCB Hawaii)
477-8734/8735 (building 601 for Camp H.M. Smith)**
- For information regarding traffic regulations, citations, or traffic court, contact the Traffic Court bailiff:
257-6991/6992 (building 1095)
- For all other numbers not listed, contact base information:
449-7110
- For more information, visit the PMO website:
<http://www.mcbhawaii.marines.mil/Departments/ProvostMarshalsOffice.aspx>

Topic of the Month

There is a new program for base residents called Eagle Eyes, which is a web-based system designed to allow the community to report suspicious activities or behaviors. Eagle Eyes is a community-driven program and requires proactive engagement. Effective immediately, you may browse <http://www.usmceagleeyes.org> to submit tips, leads, incidents and suspicious activities. In addition to allowing you to enter detailed descriptions into the system, the capability exists to upload or attach any digital photography. In the first quarter of fiscal year 2013, the Provost Marshal’s Office received 31 anonymous tips involving crimes against property. The program has the potential to assist in solving more crimes with the community’s help, and its ultimate goal is to help create a safe environment for the community. Eagle Eyes is not designed to report emergencies. To report an emergency, call 911. Every report is an important piece of the puzzle and will be reviewed by trained personnel. Law enforcement and mission assurance personnel on base encourage good faith reporting and reserve the right to contact you to verify or clarify the information you provided. For more information, please contact the Crime Prevention Office at 257-8312, the Force Protection/Mission Assurance Department at 257-8460/56/57 and refer to MARADMIN 641/11.

IN CASE OF EMERGENCY, DIAL 911!

COMBINING THE NFL WITH SEMPER FIT



Petty Officer 2nd Class Shane Miller, a Naval aircrewman with Helicopter Anti-Submarine Squadron Light 37, attempts the bench press portion of the Semper Fit Combine at the Semper Fit Center, Wednesday. Jason Cutitta, a trainer with Semper Fit, spotted Miller, and kept track of his repetitions. The inaugural event, which began Wednesday and ends today, features six different stations used in a National Football League combine. Football players hoping to try out for the NFL must be tested in a combine. As the NFL holds its official combine this week, Semper Fit is following suit to give Marine Corps Base Hawaii personnel a chance to see how they compare to the professionals.



Photos by Kristen Wong | Hawaii Marine

Petty Officer 2nd Class Shane Miller, a Naval aircrewman with Helicopter Anti-Submarine Squadron Light 37, attempts the broad jump portion of the Semper Fit Combine at the Semper Fit Center, Wednesday. Jason Cutitta, a trainer with Semper Fit, observed and waited to measure his distance.

Energy projects: Simple payback or life cycle costing?

ENERGY CORNER



There are many energy saving products out there – small to large – ranging from fluorescent and LED lights to premium efficiency motors and to high-efficiency chillers. But how do we decide which, if any, of these we should install? Surely there must be some measure to help us decide where to invest money to save the largest amount of energy at the lowest cost. There is.

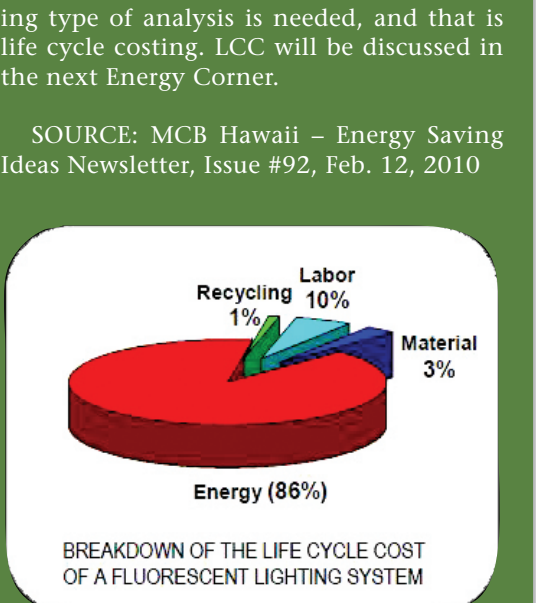
Most facility managers and operators use simple payback to decide among projects, or if a project should be pursued at all. It is just the number of years it takes to pay off the amount invested in a piece of equipment. For example, if a premium efficiency motor costs \$500, and it results in savings of \$100 a year in energy costs, it has a simple payback of 5 years ($500 \div 100 = 5$). The

method is simple, makes sense logically and most people use it for at least the “first cut.” But it does have a few drawbacks.

Mainly, simple payback does not account for time beyond the payback period. What if two pieces of equipment have the same simple payback, but one lasts a lot longer than the other? Simple payback does not address this issue.

Another shortcoming is the fact that it does not account for all costs. Many pieces of equipment, especially those that operate on electricity or natural gas, are more expensive to operate than their initial purchase price indicates. The pie chart shows the total costs of operating a fluorescent lighting system over its life.

Clearly, simple payback would not give the whole picture here, as the initial cost of installing the lighting system is a very small part of the total. A more encompass-



Cultural Heritage Day

Celebrate your heritage with **MCB Hawaii!**

Date: March 1

Time: 10 a.m. to 4 p.m.

Kahuna's Ballroom

**Food, entertainment and
culturally-themed display tables**

For more information, call 254-7660

Free tax preparation at the Base Tax Center

Hours of operation: Monday through Friday from 8 a.m. to 4:30 p.m.

Location: The Base Tax Center is located in building 455, across the street from the Forest City Housing Office and adjacent to the Youth Activities Center

Please bring these required documents:

1. DoD identification card
2. All W-2s (including spouse's)
3. Bank account and routing numbers
4. Copy of last year's tax return
5. All other tax forms (1099s, etc.)
6. Social Security cards of all family members
7. The amount of interest earned last year in your checking and savings accounts.

E-FILE = FAST REFUND

Open until April 26 • For more information, call 257-1564

Hawaii Marine Lifestyles



A double header: Hiking Diamond Head, Koko Head

Visitors to the Diamond Head State Monument can view downtown Honolulu from the top of Diamond Head Crater. The crater was formed by prehistoric volcanic eruptions.

**Story and photos by
Cpl. James A. Sauter**

Marine Corps Base Hawaii

One step at a time, hikers climbed a seemingly endless staircase that stretched high up a mountainside. Pain and discomfort jolted like an electric shock from one hiker's calves to thighs with every high step.

The hiker stopped to take a breath, then took a sip of a sports drink to quench his parched mouth. To his amazement, the hiker saw other hikers run up and down the staircase next to him and reminded him what he signed up for with the Single Marine and Sailor Program.

The SM&SP sponsored a free hike for single Marines and sailors to visit the Diamond Head State Monument in Honolulu and Koko Head Regional Park near Hawaii Kai, Sunday.

The Marines and sailors started their daylong excursion with the easy Diamond Head trail. A popular tourist attraction known for big crowds, the trail is approximately a mile and a half long. At the top of the crater, hikers experience the claustrophobia of a spooky World War II artillery bunker and the beautiful panoramic view of downtown Honolulu and the rest of the crater.

"I wanted to come on the hike after I heard about through it one of the Single Marine and Sailor Program meetings," said Cpl. Michael Mahoney, a supply clerk with 2nd Battalion, 3rd Marine Regiment and native of Washington, D.C. "It was a great way to get off base, see the island and enjoy a sunny weekend."

Both hiking trails are located in craters formed during volcanic eruptions when the island of Oahu formed. Hikers can notice, particularly at Diamond Head, the scratch patterns in the rock which lend clues to the crater's volcanic history.

After hiking Diamond Head, the Marines and sailors hiked the Koko Head trail. Unlike the Diamond Head trail, which snakes to the top of a crater, the Koko Head trail is simply the restored remains of a railway track.

From the base of the trail, hikers simply walk up to reach the top — but looks can be deceiving. The trail incline gradually steepens to the point where the trail seems vertical. Hikers need to exercise caution when reaching the trail's halfway point. Approximately 20 yards of track run over a depression dense with foliage. As long as hikers firmly step on each railroad tie across the distance, there's little chance of getting stuck between the ties.



Hikers catch their breath as they reach the peak of the railway staircase at Koko Head Regional Park's hiking trail, Sunday. The trail is popular for its challenging climb and is free for hikers to visit.

"This was my first time hiking Koko Head since I've been on island," said Petty Officer 1st Class John Prez, a SM&SP volunteer and an aviation administrator with Marine Aviation Logistics Squadron 24. "It pays to be an experienced hiker before going up Koko Head because you'll get a good cardio and leg workout."

Visitors to Diamond Head need to pay a small fee to park and gain entrance. Parking and trail access at Koko Head are free but hikers need to bring their own refreshments.



The entrance sign to the Diamond Head State Monument is at the top of the crater and similar to other signs for state landmarks.



Tourists hike the trail winding up Diamond Head Crater at the Diamond Head State Monument in Honolulu, Sunday. The trail is a popular tourist attraction for its panoramic view of downtown Honolulu, and hiking it is an easy experience for new hikers.

PASS

IN

REVIEW

Your weekly guide to the best aspects of entertainment

Welcome to the Pass In Review, your number one source for cinema, music, video game, book and product reviews. The Pass In Review crew consists of more than 10 critics, each with their own idea of what makes a movie, album, game, product or book great. So be sure to take advantage of the Better Know A Critic section, which spotlights this week’s critics to better help you choose the critic with opinions most like your own. Using our breakthrough four-point scale system, you can quickly decipher what is worth your time and what isn’t, or read the full review for an in-depth analysis and explanation of the rating. The rating system uses ammunition and range terminology, so if you’re not familiar, here’s a quick breakdown of the ratings ...

- 1/4 — No Impact, No Idea

Horrendous. Among the worst of the worst in its genre. Dedicating time to this is not only wasteful, but unforgivable. Avoid at all costs.


- 2/4 — High And To The Right

Mediocrity at its best. Lacks a few things that might have made it really good. A decent time waster, partake only if there’s nothing better to do.


- 3/4 — On Target

Praiseworthy. A great endeavor, not quite an instant classic but still very entertaining. This is a sound investment of your time.


- 4/4 — Confirmed Kill

Genius. In the top 10 percent of its genre. This is the stuff legends are made of. Missing out on it would be a disservice to yourself.



So, there you have it and we hope you enjoy our weekly reviews. Don't forget, the Hawaii Marine accepts submissions from its readers so if you consider yourself a film buff, music aficionado, gaming geek or bookworm, feel free to submit your own reviews.

Better Know A Critic



WONG

Kristen Wong admits she sometimes has to be dragged to movies that she later finds to be outstanding. She loves movies that make her care about the characters and sympathize with their plight. She enjoys action, fantasy, comedy and dabbles in horror.



LAPI

Lance Cpl. Suzanna Lapi loves movies with well-developed characters and an intriguing storyline. She enjoys thought-provoking films which require multiple views to grasp. Still, depending on her mood, slapstick comedy, bombs and blood are among her repertoire as well.

Classics ‘Die’ easy with displaced dialogue

Kristen Wong
Marine Corps Base Hawaii

Since I spent Valentine’s Day at my desk putting finishing touches on the newspaper, I spent Saturday at the movies with my boyfriend on what I hoped would be “A Good Day to Die Hard.”

I got my gratuitous explosions, guns and kick-butt action. But I also received an unwelcome side of lame dialogue and poor scene development.

In this latest installment, Detective John McClane (Bruce Willis) learns that his estranged son Jack (Jai Courtney) has been arrested in Moscow. When McClane flies to Moscow to find Jack, all hell breaks loose. The courthouse Jack is standing trial in blows up and he escapes with fellow prisoner Yuri Komarov (Sebastian Koch). McClane soon learns that Jack is on a mission for the Central Intelligence Agency and the two must team up to save the day and the mission.

A lot of things blew up and a lot of bad guys died. John and Jack McClane flew through windows, fell many stories, took many bullets and glass shards and, of course, still came out victorious. The plot also drew a nice parallel between antagonist father and daughter versus protagonist father and son.

But here is what went wrong.

The main character seemed to have too much idle time just before the epic earth-shattering scene started. Just before the courthouse blows up, there is a drawn-out slow-motion sequence during which John

stands idly in the street for far too long, looking stoic and concerned. It reminds me of the scene in “The Matrix” when Keanu Reeves is “working” at an empty desk, doing nothing but staring at a computer that’s not even on.

The dialogue could have been better. Throughout the movie, John keeps repeating “I’m on vacation.” The first time he said “I’m on vacation,” I was thrown off, because flying straight to Moscow to find an estranged son isn’t much of a vacation. The second and third times were just weak and unnecessary.

John is sitting in a truck hanging out of the enemy’s helicopter, covered in blood, tired and filthy, and he decides to throw in a “the things we do for our kids, yippie ki-yay (expletive).” Yes, I know this is his catchphrase, but there’s a moment in a movie when hearing a line like this would make everyone want to cheer or laugh, but this wasn’t it. It wasn’t nearly as good as shoving a gun



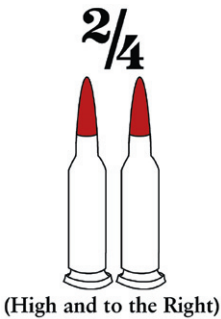
into your wounded shoulder and taking a shot to kill the bad guy in “Live Free or Die Hard.”

The movie again made a comedic attempt, having the characters ride an elevator, hands gripped tightly around guns, scowling while listening to “The Girl from Ipanema.” Sorry, Angelina Jolie and Brad Pitt already did that. At least pick a different elevator song.

Lucy McClane decides to call up her father in the middle of a car chase, and ask if he found Jack. “Yeah, I’m looking right at him,” John says calmly while trying to maneuver his truck through traffic at a high speed. Ok, I got the joke. It’s already cliché, for one thing, and for another, they milked it way longer than they should have. I also lost all the initial excitement when the car chase dragged on and on.

Finally, remember “Indiana Jones and the Kingdom of the Crystal Skull”? Indiana’s son picks up his iconic hat and tries it on, only for his father to get it back, a subtle reminder that he doesn’t quite fill his dad’s shoes. The exchange between Jack and John McClane didn’t have the same effect. Jack now seems proud to be John McClane Jr., though his father says not to forget he’s “senior.”

No, I didn’t forget it. I wish I did though.



Plot-twisting thriller may cause ‘Side Effects’

Lance Cpl. Suzanna Lapi
Marine Corps Base Hawaii

“Side Effects,” a psychological thriller recently released in theaters, follows the complicated life of Emily Taylor (Rooney Mara of “The Girl with the Dragon Tattoo”) as she battles depression, suicidal thoughts and struggles to find medication to treat her mental illness. The plot centers around a drug, Ablixa, and its scary side effects.

The young Emily marries Martin (Channing Tatum) with the promise of a cushy life due to his success on Wall Street. But she never gets to experience the good life. On their wedding day, he is arrested and thrown into jail for insider trading.

Martin is released after serving four years in prison, but upon his release, Emily relapses. One night after work, she gets into her car and drives into a concrete wall. She is taken to the hospital and meets Dr. Jonathan Banks (Jude Law), a psychiatrist who shows concern following her supposed accident.

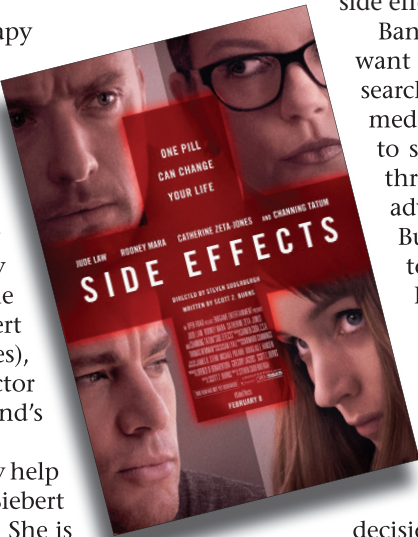
Though Banks wants her to stay at the hospital for observation, Emily

is adamant about leaving to be with her recently released husband. She downplays the incident and promises to begin seeing him regularly instead of staying; Banks obliges.

After several therapy sessions, Banks begins prescribing medications to Emily. None of them seem to be working. In one of these sessions, Emily talks about her therapy history. The name of Dr. Victoria Siebert (Catherine Zeta-Jones), Emily’s former doctor before her husband’s arrest, is introduced.

Banks decides it may help his patient if he sees Siebert for advice on her case. She is very willing to help, and even recommends a new drug to prescribe to Emily. In comes Ablixa, and the plot thickens.

Emily begins taking Ablixa and, at first, it seems to be working. She is



more engaging, her love life with her husband improves and she no longer contemplates suicide. But this “wonder drug” has one discomforting side effect – sleepwalking.

Banks and her husband want Emily to continue searching for the right medication, but she refuses to stop taking Ablixa and threatens to seek the advice of another doctor. But Banks doesn’t want to lose her as a patient. He suggests keeping her on Ablixa and supplementing the drug with another that they hope will curb her sleepwalking. They all agree with this decision.

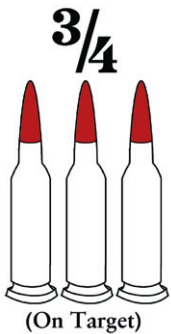
At this point in “Side Effects,” I began wondering about the film’s point and where its plot was going. Then a shocking stabbing made the audience gasp around me. I literally put my hand over my mouth because I couldn’t

believe what happened. All along, the plot suggests the outcome, only to yank it out from under the audience like a rug.

The film’s twists and turns are welcomed, but may require a second viewing. The plot became confusing toward the end and seemed a little farfetched. However, that’s the wonderful thing about Hollywood magic – anything is possible.

Mara’s performance as Emily is the true enchantment of this film. She plays a convincing psychological mess so well that it’s easy to believe her; it’s no wonder Banks trusts her in the beginning. Thankfully, for his own sake, his brilliance allows him to uncover the truth.

“Side Effects” is an unpredictable, thoughtful film. It kept me guessing until Emily Taylor’s life came full circle, and the resulting effect left a lasting impression.





Prices: All shows are \$3.25 for adults and \$2.25 for children. For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call **254-7642** for recorded information.



“Mama” PG-13

Today | 7:15 p.m.

“Gangster Squad” R

Today | 9:45 p.m.

“The Last Stand” R

Saturday | 7:15 p.m.

“Broken City” R

Saturday | 9:45 p.m.

“Jack the Giant Slayer” PG-13

Sunday | 2 p.m.

“Texas Chainsaw” R

Sunday | 6:30 p.m.

“Zero Dark Thirty” R

Wednesday | 6:30 p.m.

Lisa Smith Molinari

Contributing writer

I was late for the meeting — again. With an armful of crumpled papers, I pulled my calendar from its tack on the wall, and rushed down the hall. Sheepishly, I found a seat at the table, spread my papers out around me, and began with as much authority as I could muster. “This meeting is called to order at, let’s see, 12 minutes after 9 o’clock,” I said. “If you don’t mind, I would prefer these weekly organizational sessions start promptly at the top of the hour. Now, without any further delay, let’s get right down to business.” “The van still needs new brakes, and if you wait much longer, you’ll be paying for rotors too. Hayden has driver’s ed on Tuesday at 4:30 p.m., but you must somehow get Anna to her orthodontist appointment at 4:45 p.m. The checkbook hasn’t been balanced in three months, which might explain why you bounced a check last week,” I continued. “Francis is on his last pair of cammies, so please put a load of darks in at your earliest convenience. Dinghy is due for his monthly flea treatment. You must write two articles this week. The repairman is coming Thursday between 8 a.m. and 2 p.m. to fix the washing machine. And you need to get serious about that diet. Now, how do you plan to get all that done?” I finished, and



Courtesy photo

took a slurp of coffee. Crickets. No one responded, because no one was there. I was having my weekly meeting with myself, and as usual, I had no idea how to answer my own demands. I scribbled a “to do” list, marked a few things on the calendar, and then went about my day, determined to get it all done this time. But deep inside, I knew the inevitable pattern of my life would repeat itself again. My week would start out productively. But soon, something would crop up to throw me off track —

a school project, a sick kid or writer’s block. One item on my “to do” list would collide into the next, and the ensuing pile up would become overwhelming, causing a strange contradictory reaction in which I’d completely shut down. By Thursday, my husband would come home from work to find no dinner, the kids running amuck, and me, dazed and un-showered, draped over my computer chair where I’d been surfing vintage Tupperware on eBay for the last three hours. Recently, I decided I’d had enough, and set about figuring out: What fundamental flaw in my character has made it so difficult for me to keep up with my responsibilities as a housewife and mother? I’m not lazy. I’m not incompetent. I’m not disorganized. I just need a supervisor, a boss, a manager to keep me on track. And of course, I’d gladly subject myself to a periodic evaluation and take whatever criticism my manager might propose. “Ms. Molinari,” my manager might say, “While it is clear that you are no stranger to hard work, there is room for improvement in the areas of task prioritization, self motivation and personal hygiene. It is my recommendation that you avoid

distractions from your daily priorities such as TJ Maxx, free samples in the grocery store, and mid-day reruns of ‘Mob Wives.’ Also, it would be highly advisable that you start showering every morning.” But I have to face reality. Unless I find someone willing to be compensated in laundry services and meatloaf, I can’t afford a manager. I am the manager, and I have to take responsibility, darn it. Even if it feels like I’m constantly being dragged through life behind my dirty white minivan, I’ll continue this never-ending game of catch-up until my job is done. I’ll try to avoid getting tangled in the minutiae — the emails, the dust bunnies, the bills, the burnt dinners, the dark roots — and focus on the big picture: Keeping my family happy and healthy. The value of our shares may fluctuate day by day, but a long-term analysis indicates that this family is on an upward trend. Our employees may complain from time to time, but all in all they report excellent job satisfaction. Management lacks efficiency when it comes to goal attainment, but she is dedicated, sincere, and works overtime and on weekends without pay. Final recommendation: Despite its flaws, this family enterprise is thriving — no need for a change in management.

<http://www.themeatandpotatoesoflife.com>

VOLUNTEER OPPORTUNITIES WITH NMCRS K-BAY

The Navy-Marine Corps Relief Society is a nonprofit organization run by volunteers that aids and supports Marines, sailors and their families. We offer financial counseling, Budget for Baby workshops, education tuition scholarships/assistance and interest-free loans and grants. As a predominately volunteer-run organization, we are constantly looking for individuals who would be interested in helping with our various programs. NMCRS offers a variety of ways you can contribute as a volunteer. Do you have a background in finance? Or maybe you’re interested in learning more about financial counseling and helping others

out of debt? If so, we would love to have you as a caseworker. Perhaps you’re more interested in helping new and expecting parents prepare for a new baby? You would make a perfect instructor for our Budget for Baby class. Do you enjoy public speaking and meeting new people? We would love to have you aboard as part of our publicity and marketing team and an ambassador for NMCRS. No matter where your interests lay, if you have the time and want to give back to Marines, sailors and their families, we have a place for you at NMCRS K-Bay. Call 257-1972 or email lauren.giblin@nmcrs.org for more information.

- Build your resume
- Develop new skill sets with free training
- Childcare and mileage reimbursement available to all volunteers
- Broad range of volunteer opportunities available

Catch a sale: Base marina sells used kayaks, water sports gear

Christine Cabalo
Marine Corps Base Hawaii

Marine Corps Base Hawaii residents and workers fishing for a good deal on water sports equipment can soon reel in a deal at the outdoor recreation and equipment center.

The base marina is hosting a garage sale, offering used kayaks, surfboards and other equipment.

Service members, dependents and retirees will have first priority to purchase items on two sale days: March 1 from noon to 5 p.m. and March 2 from 8 a.m. to 5 p.m. The sale will open to other authorized patrons from March 4

to 9, from 8 a.m. to 5 p.m.

“We are trying to make it so we have these useable items available for active duty service members and our other patrons,” said Christopher Sereno, general manager of outdoor recreation and equipment center. “We hope they can get some re-use out of it.”

The equipment is stored in a lot next to the center, and buyers will have access to take a closer look at items when the sale begins. Among the items include single-seat and double-seat kayaks, as well as barbecue pits, stand-up paddleboards, surfboards and windsurfing boards.

These items will be tagged, so customers can take the tag off the item they want and pay for it inside the center.

Also up for sale are larger outdoor recreational items including a 17-foot Boston whaler without the engine and a ski boat. The whaler will be sold by auction, using the same bidding process as the Auto Skills Center’s auto auctions.

“Some items need minor repair, but everything available is a deal,” said Bob Barr, marina manager.

For more information, call the outdoor recreation and equipment center at 254-7666.



Christine Cabalo | Hawaii Marine

Keanu O’Neal (left), a recreation assistant and Jeff McNulty, a boat repairman, both with the outdoor recreation and equipment center, arrange one of several used kayaks in preparation for a sale in March. Active duty service members, their families and retirees will have first access to the items, starting March 1. The sale will open to all authorized marina patrons from March 4 to 9.

VOLUNTEER OPPORTUNITIES, ON AND OFF BASE EVENTS

Koko Head Complex hosts 14th annual Easter Eggstravaganza

Honolulu’s Department of Parks and Recreation and the Koko Head Complex are sponsoring “Easter Eggstravaganza,” an event for the entire family, featuring activities, games, and an Easter egg hunt at Koko Head District Park, March 23. The park is located at 423 Kaumakani St. in Hawaii Kai. The free event begins at 9 a.m., with registration and simple carnival games administered by community groups. At 10 a.m., an egg hunt will be held for ages 12 and under. All participants receive a goodie bag. For more information, contact Arlene Ling, parks director, at Kamilo Iki Community Park, 395-5314, or Donna White, Koko Head Complex supervisor, at 395-3407.

Help the hungry, needy at IHS

The Institute for Human Services is the perfect place for organizations and groups to cultivate team building and give back to the community. Volunteer opportunities range from providing, preparing and serving meals for the needy, cleaning shelters on a daily basis, painting, landscaping in garden areas or sorting donations. Volunteer groups should contact IHS to schedule a volunteer date by emailing volunteer@ihs-hawaii.org or by calling 447-2842.

Be prepared with Baby Boot Camp

The next Baby Boot Camp is scheduled for March 6 from 8 a.m. to 4 p.m. in building 216. Baby Boot Camp is a childbirth education and infant care class for all parents. Parents learn about labor and delivery, infant care, understanding their newborn, safety and much more. For more information, call 257-8803 or visit <http://www.mccshawaii.com>.

Juvenile Diabetes Research Foundation’s Hawaii Chapter to hold 2013 annual Family Education and Research Summit

The Hawaii Chapter of the Juvenile Diabetes Research Foundation will hold its 2013 annual Family Education and Research Summit, March 9, at the Kapiolani Medical Center for Women and Children in Honolulu from 8:30 a.m. to 4 p.m. JDRF is the leading global organization focused on type 1 diabetes research. The goal of JDRF is to improve the lives of every person affected by T1D by accelerating progress on the most promising opportunities for curing, better treating and preventing T1D. The summit will feature Dr. Sanjoy Dutta, senior director of treat therapies, JDRF New York, and chef, restaurateur, author and TV personality Sam Talbot. For more information, contact JDRF Hawaii at HawaiiEvents@jdrf.org or 988-1000.

Youth Activities Spring Break Camp

Youth Activities will host a Spring Break Camp, from March 18 to 26. Registration is scheduled from Feb. 22 to 28 and March 1 to 6 depending on priority. Register at the Resource and Referral Office in building 5082. For more information, call the Resource and Referral Office at 257-7240.

Family child care provider orientation

The Family Child Care office will be offering new family child care provider orientation classes from March 4 to 8. For more information, call 257-5525.

MARINE MAKEPONO

Means ‘Marine Bargains’ in Hawaiian

Car for sale. 2008 Saturn Vue XR, V6, low mileage (a little more than 26,500 miles), cargo area cover and cargo net. \$16,000 obo. Call Sue at 384-5343.

Includes custom bathroom with hot tub/shower, covered parking, refrigerator and sink with disposal. No smoking or barbecuing. \$1,300. For more information, call 239-5459.

Boat for sale. Selling Seaswirl Striper boat and trailer. Features a 20-gallon fuel tank with a 90 horsepower Yamaha 2-stroke outboard motor. Includes safety equipment and Garmin GPS with fish finder. \$14,000 or best offer. Call Wesley at 772-2647.

If you would like to sell, buy or trade something in the Marine Makepono section of the Hawaii Marine, fill out a form at the Marine Corps Base Hawaii Public Affairs Office in building 216, room 19. Please have your military ID and a short write-up of what you’d like to run. You can fill out the form on the spot or return it to the office later. Emails, faxes and telephone calls are not accepted for Makepono classified ads. Marine Makepono may only be used by active duty, reserve, retirees or their immediate families.

Kaneohe studio apartment for rent. Available April 1. Large deck with ocean view of Chinaman’s Hat and Marine Corps Base Hawaii.

‘Veterans of Color’

Presented by the Honolulu Museum of Art’s African-American Film Festival

The film festival is scheduled for Monday at 9 a.m. and 2 p.m., at the base theater aboard Marine Corps Base Hawaii.

Directed by Mark Parry, “Veterans of Color” tells the stories of the African-American men and women who have served in our nation’s Armed Forces. From World War II through Vietnam and more recent armed conflicts, “Veterans of Color” chronicles the heroic service of soldiers who had to conquer the enemy while battling for equality.

For more information about the Honolulu Museum of Art and the Honolulu African-American Film Festival, visit <http://www.honolulumuseum.org/event/films>.

